

(3) After the painless delivery procedure, the patient must remain in bed, avoid getting up, and use bed rails.

5. Does It Affect the Baby?

The main medications used in painless delivery are "local anesthetics" and a small amount of analgesics. The drug concentration is much lower than that used in typical epidural anesthesia, and the amount absorbed through the placenta is negligible, having no adverse effects on the baby.

6. Related Costs

- Painless delivery is not covered by national health insurance and requires out-of-pocket payment.

Pricing Based on Duration of Use:

Within

8 hours: NT\$8,800

8–16 hours: NT\$9,300

16–24 hours: NT\$10,300

Over 24 hours: NT\$11,300

- The painless delivery technique has a certain failure rate. If it cannot be successfully completed for any reason, **a material fee of approximately NT\$2,800 will be charged.**
- Painless delivery is not the only method for alleviating labor pain. Other pain relief options are available; if you have any questions, please consult your obstetrician or anesthesiologist.

Self-Learning Assessment (True/False)

- () 1. After completing the painless delivery procedure, patients do not need to stay in bed and can get up.
- () 2. After completing the painless delivery procedure, if patients feel uncomfortable, they must immediately notify medical staff.

Please write down your question:

References:

Miller, R.D., Eriksson, L.I., & Fleisher, L. (2020). Miller's Anesthesia. 9th. Churchill Livingstone Elsevier.

Established Date: August 2006

Revised Date: August 2024 (14th Edition)

Code: 6600-Single-Chinese-002-14

Answer	X	O
Item	1	2

Brief Guide to Painless Delivery



Produced by the Department of Anesthesiology

Consultation Hotline: +886-4-7238595 ext. 5311, 5312

Consultation Hotline Service Hours

Monday to Friday, 08:00–16:00

Praise Hotline: +886-4-7238595 ext. 3920

Complaint Hotline: +886-4-7238595 ext. 3925

Website: www.2cch.org.tw/layout_1/index.aspx?id=3300



彰化基督教醫療財團法人

彰化基督教醫院

CHANGHUA CHRISTIAN MEDICAL FOUNDATION
CHANGHUA CHRISTIAN HOSPITAL

Congratulations on the upcoming arrival of your new baby! From ancient times to the present, women have shouldered the responsibility of continuing the family lineage, and the pain of childbirth has long been accepted as inevitable. However, with the advancements in "painless delivery" techniques, the dream of "enjoying the joy of childbirth without enduring the pain" is now a reality! Through the following introduction, we hope to provide you with a deeper understanding of painless delivery.

1. Benefits of Painless Delivery

- (1) Prevents unnecessary cesarean sections caused by excessive pain.
- (2) Allows mothers to remain alert and fully participate in the birthing process

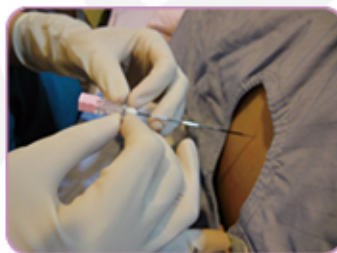
2. Objectives of Painless Delivery

The objective of painless delivery is to alleviate pain and discomfort without eliminating sensation entirely. Complete numbness could prevent the mother from effectively pushing during delivery. Proper use of painless delivery not only avoids prolonging the labor process but also enhances the quality of childbirth.

3. Methods of Painless Delivery

Our hospital employs the "epidural analgesia" method.

After a professional evaluation by an anesthesiologist, a catheter is inserted into the **epidural space** (an area outside the spinal nerve cluster) in your lower back. A patient-controlled device continuously administers medication to alleviate labor pain. As labor progresses, the anesthesiologist will adjust the medication dosage according to your pain level to maintain effective pain relief. Once delivery is complete, nursing staff will remove the catheter, concluding the painless delivery process. However, due to differences in spinal structure and posture among individuals, there is a possibility of unsuccessful implementation.



- Who Is Not Suitable for Painless Delivery?
 - (1) **Abnormal blood clotting function**
 - (2) **Infection at the injection site on the back**
 - (3) **Low blood pressure**
 - (4) **Hypovolemic shock**
 - (5) **Allergy to local anesthetics**
 - (6) **Spinal abnormalities**
 - (7) **Obesity**



- When Is Painless Delivery Appropriate?

Painless delivery can be administered once you experience regular uterine contractions and cervical dilation of approximately 2–3 cm, as assessed by an obstetrician and an anesthesiologist.

4. Does It Affect the Mother?

- (1) During painless delivery, the mother remains awake and can breathe autonomously, ensuring high safety. However, complications may still occur, with headache being the most common, at an incidence rate of 0.6%–1%. Rare side effects include local anesthetic toxicity and total spinal anesthesia. When painless delivery is administered, medical staff will closely monitor for potential complications and prepare for their prevention and management.
- (2) There is a common misconception that painless delivery causes lower back pain in mothers. However, recent international studies indicate no significant direct correlation between postpartum back pain and having undergone painless delivery.